



November 13, 2009 Vol. 3 No. 45
[IMCOM](#) [AEC](#) [FMWRC](#) [Feedback/Submissions](#)

Hot topics



Events mark 20-year anniversary of fall of Berlin Wall ► [Article](#)

Wal-Mart among 8 new firms partnering to hire Army spouses ► [Article](#)



Fort Leavenworth: Arter receives top Civilian award ► [Article](#)

Fort Bragg teacher wins Teacher of the Year award ► [Article](#)



Military police officers graduate from Fort Knox Academy ► [Article](#)

Army sends support teams to aid Fort Hood Soldiers, Families ► [Article](#)



MTV documentary follows Soldier's return to Iraq ► [Article](#)

Fort Campbell is Excellent Community finalist ► [Article](#)

Obama's Pledge: America will fulfill obligations to Veterans

America will fulfill its obligation to take care of and value those who



have sacrificed for the country, President Barack Obama said here today. A day after attending a memorial service at Fort Hood, Texas, the president presided over a Veterans Day ceremony here. The Memorial Amphitheater was cold, rainy and wet, yet

still packed as people from around the United States gathered to pay respects to Veterans for their contributions and sacrifices. Obama referenced his visit to Fort Hood, where Soldiers and their families are coming to terms with a horrific attack that killed 13 and wounded many others. "Yesterday I visited troops at Fort Hood," the commander-in-chief said. "We gathered in remembrance of those we recently lost. We paid tribute to the lives they led. "There was something that I saw in them, something that I see in the eyes of every Soldier and sailor, airman, Marine and Coast Guardsman that I have had the privilege to meet in this country and around the world. And that thing is determination." ► [Article](#)

McHugh, Casey, entire Army Family stand with Fort Hood after unthinkable tragedy

After a moment of silence for those killed in the shootings Nov. 5, at



Fort Hood, Texas, Secretary of the Army John M. McHugh and Chief of Staff of the Army George W. Casey Jr. addressed Soldiers, Family members and the press. "I tell you candidly, this was a kick in the gut -- not only for the Fort Hood community, but also for the entire Army," Casey said during

the press conference Nov. 6, at Fort Hood. At about 1:30 p.m., Nov. 5, Maj. Nidal Malik Hasan, an Army psychiatrist, allegedly fired shots into the Soldiers Readiness Processing Center on Fort Hood. The shooting resulted in 13 dead and some 30 others injured. Most of the casualties were Soldiers preparing for deployment to Iraq or Afghanistan. "This is a time for the Army family to stand together, this is a time for 'Army Strong' to mean what it says -- and this is a time to know that we are working every moment to ensure that their safety and security is met to the highest possible degree," McHugh said. ► [Article](#)

Covenant news



USAG Schweinfurt: Family reintegration in Schweinfurt takes communication, understanding ▶ [Article](#)

USAG Stuttgart DFMWR wins employee training award ▶ [Article](#)



'Be all that you can be' still rings true for Fort Sill youth ▶ [Article](#)

Army conducts Master Resilience Training for Soldiers, Family members ▶ [Article](#)



Fort Eustis: Military communities bake cookies, send overseas for holidays ▶ [View Slideshow](#)

Red Cloud Garrison: National Disability Employment Awareness Month educates Civilians ▶ [Article](#)



Fort McPherson/Gillem: Fall festival brings fun for entire Family ▶ [Article](#)

Month of the Military Family – Humphreys names, honors its Military Families of the Year ▶ [Article](#)

President Proclaims Military Family Month

President Barack Obama pledged his support of military members and their Families and said Americans have a "solemn obligation" to preserve their well-being in his proclamation declaring November as Military Family Month. The proclamation reads: "No one pays a higher price for our freedom than members of our Nation's military and their Families. As sons and daughters, husbands and wives, and mothers and fathers are deployed, military families endure with exceptional resilience and courage. They provide our troops with invaluable encouragement and love, and serve



our Nation in their own right. During Military Family Month, we honor the Families of our Armed Forces and thank them for their dedication to our country. "Though only a small percentage of our Nation's population, our troops bear the great responsibility of protecting our people. They, along with their Families, serve us every day with courage and dignity. Ensuring that military Families receive the respect they deserve and the support they have earned is a top priority for my Administration. The strength of our Nation is measured not just by our success on the battlefield, but also by our ability to support those Families who have made so many sacrifices for us. Time and again, military Families have shown their heart in the face of adversity." ▶ [Article](#)

Social media drives one-man public affairs office

Commanders frequently insist on shouting a message "from the



mountaintop," but one technologically savvy Army officer heading a brigade Public Affairs organization in Korea took his information even higher in early fall. Maj. Mike Nicholson, a Public Affairs officer serving with the 1st Heavy Brigade Combat Team, 2nd Infantry Division,

ventured into cyberspace in his quest to deliver his organization's message in a unique way. Social media sites are popular vehicles for engaging mass audiences, but concerns over quality and message control have been a point of concern for some in uniform as the military is increasingly embracing the "blogosphere." Thanks to Nicholson's efforts, the "Iron Brigade" marches at the forefront of military social media engagement efforts. With his three-man enlisted support team gone due to the brisk rotation schedule of his Korea-based organization, Nicholson became his unit's only producer as well as its Public Affairs advisor. Nicholson served as a writer, photographer, videographer and even driver in addition to serving as a staff officer. As competing requirements pulled him in a dozen directions, Nicholson pondered ways to disseminate his message as efficiently as possible. ▶ [Article](#)



Year of the NCO news



Best of the best: NCOs, Soldiers compete in annual competition ▶ [Article](#)

Aberdeen Proving Ground: Noncommissioned officer defies odds to achieve, mentor subordinates ▶ [Article](#)

Fort Jackson: Post mourns retired NCO ▶ [Article](#)

Fort Bragg: Noncommissioned officers learn skills online ▶ [Article](#)

Fort Knox: NCO relates experience as Tomb Guard ▶ [Article](#)

Force protection news

Cyber Threat

- Practice INFOSEC and OPSEC
- Screen your email before opening it
- Protect your personal information
- Protect your passwords
- Use the Army Knowledge (AKO) Web site

Safety news

Seasonal and H1N1 flu updates ▶ [Article](#)



Medic hopes her stress story can help others ▶ [Article](#)

Keep safety in mind on Veterans Day ▶ [Article](#)

Casey pledges progress on mental health resources

The Army has worked hard on developing programs to maintain the psychological health of the service, but much more needs to be done, Army Chief of Staff Gen. George W. Casey Jr. said yesterday. Appearing on the CNN program "State of the Union," Casey reflected on his "gut-wrenching" and "up-lifting" visit to Fort Hood, Texas, on Nov. 6, the



day after 13 people were murdered in a shooting spree, allegedly by an Army psychiatrist. The general said the experience was gut-wrenching "because the suspect is one of our own, and it happened on one of our bases." But he added that he was heartened by stories of Soldiers rushing to one another's aid. ▶ [Article](#)

New commander takes helm at U.S. Army South

The Army component of U.S. Southern Command marked a new chapter in its storied history as the former special assistant to the commanding general of U.S. Army Special Operations Command took over U.S. Army South during a ceremony at the Fort Sam Houston Club, Nov. 9. Army Maj. Gen. Simeon G. Trombitas succeeded Army Maj. Gen. Keith M. Huber who



was subsequently promoted to lieutenant general and will serve as the deputy commander, U.S. Joint Forces Command in Norfolk, Va. The continuing mission of U.S. Army South is to provide and sustain trained and ready Army forces for the full spectrum of military operations in the area of focus that includes the Caribbean and all of Central and South America. ▶ [Article](#)

U.S. Army Pacific CG talks safety after quarterly 'One Team' run

It was still dark when United States Army, Pacific Soldiers recognized fallen comrades at Fort Hood, Texas with a moment of silence before the "One Team Warrior Run" during the early morning hours of Nov. 10. As the Hawaii sun began to shine on historic Palm Circle, Lt. Gen. Benjamin R. Mixon, commanding general, United States Army, Pacific, began the quarterly four-mile esprit de corps run around Fort



Shafter. After the run, Mixon spoke to Soldiers on topics such as post traumatic stress disorder, H1N1 and several other top-of-minds subjects involving Soldiers and their Families, including Veterans Day safety. "As you gather around the barbecue grills, go down to the beach, or spend time with your family, reflect what it means to be a veteran," he said. ▶ [Article](#)





'Guardian' experiences Fort Polk firefighters' daily life ▶ [Article](#)

Chaplain helps others fight stress ▶ [Article](#)

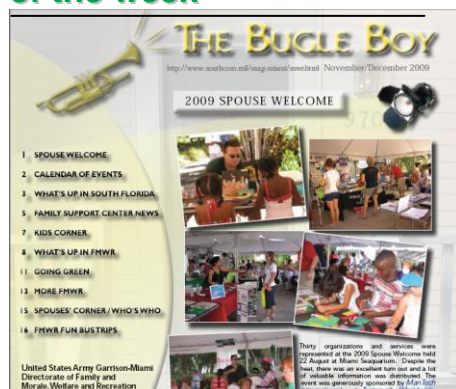
Transformation Quiz 28

The transformed IMCOM will eventually reside on Fort Sam Houston in four buildings of a former regimental headquarters. As well as the historic post theater and two buildings that will be built to meet the SEP 2011 BRAC deadline. Meanwhile, IMCOM is working in temporary space, adapted from its previous life as what?

1. A K-Mart store
2. An Air Force base closed in a previous BRAC round
3. Part of the SA World's Fair complex
4. A mall closed due to recession

Answers will appear weekly on the IMCOM Transformation Web page, [click here](#). This one can be found in the Implementation Guide. While you're there, check out the new Instructions for Relocating, contributed by the IMCOM Forward team for the benefit of all who follow.

Installation paper of the week



USAG Miami – The Bugle Boy

- ▶ [Current Issue](#)
- ▶ [Archives](#)

First responders learn suicide prevention on Casey

The holiday season and thoughts of family and friends can bring joy and happiness to servicemembers stationed in Warrior Country. For some though, those same thoughts can lead to difficulties, depression, and pressures, leading them to conclude ending their life is the only solution. "The Army had 128 suicides in 2008," said Chaplain George Wallace, Applied Suicide Intervention Skills



Training instructor. "From January to September 2009, 117 suicides were reported. The numbers have risen every year since the war began. Also, there is anywhere from 5 to 25 percent unreported suicides every year." To increase the Army's commitment to suicide prevention, 18 Soldiers and Civilians attended ASIST at USAG-Casey Oct. 29-30 to become first responders to help ensure nobody has to face a crisis on his or her own. ▶ [Article](#)

Soldier completes 100-mile walk

Many people take a walk around the neighborhood as a way to end



their evening; very, very few of them end their strolls 100 miles later. Lt. Col. Jack Usrey, the 8th Theater Sustainment Command G-1, or personnel officer, started walking at 9 p.m. Oct. 28, as a way to celebrate the one-year anniversary of his double-knee replacement surgery. He finished 100 miles later on Saturday afternoon - a walk that spanned 67 hours and 15 minutes. "I had an airborne jump accident back in 1997 that finally caught up with me," Usrey said. "When I got back from my last deployment my doctor said I

had to have both knees replaced. He wanted to do one at a time, with a year between replacement surgeries, but I knew I didn't have time for that so I asked him to do both." ▶ [Article](#)

Please follow Army IMCOM on the following social media Web sites:

- ▶ [Twitter](#)
- ▶ [Blogspot](#)
- ▶ [Facebook](#)
- ▶ [Flickr](#)

Be informed on the top issues and information!

The Army's Home

